

# TOO WEAK TO DO ANYTHING

A Serious Feminine Illness Remedied By Lydia E. Pinkham's Vegetable Compound.

Casco, Wis.—"After the birth of each of my children I had displacement and was so weak I couldn't do anything. I found a book about Lydia E. Pinkham's Vegetable Compound so I thought I would try it, and after taking it I soon felt better. That was fifteen years ago and I have felt well ever since except that I had a slight attack of the trouble some time ago and took some more of your Compound and was soon all right again. I always recommend your medicine and you may publish my testimonial for the benefit of other women."—Mrs. JULES BERO, Jr., R. 1, Box 99, Casco, Wis.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and today holds the record of being the most successful remedy for female ills in this country, and thousands of voluntary testimonials prove this fact. If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

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Fix It Yourself  
For 40c

By sending to us for a can of BALL'S An-Ti-Le-Ko

**Ball's An-Ti-Le-Ko**  
The Faultless Radiator Cement

One can will positively stop all small leaks in any Auto, Truck or Tractor Radiator, Cap, Jacket or Cylinder Block in 20 minutes. It does not clog and it is perfectly harmless. It is a permanent repair. If your dealer does not have it, upon receipt of 40 cents we will mail a can to any address.

Made in DETROIT, MICH., by BALL PRODUCTS CO., 115 Grand River Ave.

Successfully used at all Ford stations. Dealers requested to write for retail agency.

## Colorado Land for Sale

NEAR BURLINGTON, perfect 160 acres, fine location, ideal farming or investment, \$32.50 per acre, \$1,500 cash, balance easy terms. Owner, Frank Gass, 4905 No. 25th St., Omaha, Nebr.

**His Status.**  
Gabe Yawkey is mortaring around that he seed a snake with two heads rather day," said a citizen of Sandy Musk. "That feller is a fool!" contemptuously replied an acquaintance. "There ain't no two-headed snakes since prohibition cracked down on us. He's just simply got no sense; that's what's the matter with him!"—Kansas City Star.

**Cuticura Soothes Itching Scalp**  
On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your every-day toilet preparations and have a clear skin and soft, white hands.—Adv.

**Sarcasm.**  
Father (sternly)—Young man, I saw you put your arm around my daughter last night.  
Youth—I suppose you noticed how she struggled, too.—Stanford Chaparral.

Taking Garfield Tea keeps the system clean, the blood pure and the general health good. Buy from your druggist.—Adv.

The man who spent the summer constructing air castles is now trying to borrow heat for the air.

A woman's tears and a man's grin are not always on the level.

## Why That Backache?

Why be miserable with a bad back? You can't be happy if every day brings lameness; sharp, shooting pains and a dull, nagging ache. Likely the cause is weak kidneys. You may have headaches and dizzy spells, too, with a weak, tired feeling. Don't delay! Try Doan's Kidney Pills. They have done wonders in thousands of such cases. Ask your neighbor!

## A Nebraska Case

Chas. Vanberg, stationary engineer, 1115 Sixth St., Aurora, Neb., says: "I met with an accident about a year ago and when I recovered I noticed that my kidneys were disordered. I suffered from pain across my back. The kidney action was too frequent both day and night and the kidney secretions were highly colored. I used Doan's Kidney Pills and they removed the soreness and aching in my back and regulated my kidneys."

Get Doan's at Any Store, 60c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

**Deep-Seated Coughs**  
develop serious complications if neglected. Use an old and time-tried remedy that has given satisfaction for more than fifty years.

# PISO'S

# THE KITCHEN CABINET

HEAT-PRODUCING FOODS. SEASONABLE GOOD THINGS.

Our thoughts determine our acts and therefore our lives, as well as the influence of our lives upon all about us, either by way of good or by way of hindrance, with absolute precision.—Ralph Waldo Trine.

During the winter months in the northern states pork and other fat meats are commonly served, as in cool weather the body is more active, burns up more fuel and is able to digest heavy and heartier foods.

**Broiled Pork Tenderloin.**—Split the tenderloin in two and broil under the gas flame or over coals. Have the heat intense at first and sear the meat on both sides to hold the juices. Reduce the heat and when the meat is puffed and nicely brown remove to a hot platter. Season with salt, pepper and bits of butter.

**Stuffed Pork Tenderloin.**—Select medium-sized tenderloins, wipe with a soft cloth dipped in cold water. Split the meat lengthwise, making a slight incision with a sharp knife, then pulling the muscle until it is almost split in two. Make a dressing of bread, salt, pepper, summer savory, onion juice, and molsten with water. Spread the dressing on the split side of the meat, remembering that it swells with cooking. Place a second tenderloin over the dressing. Sew the edges together with coarse thread. Place in a buttered pan with a cupful of hot water. Bake in a moderately hot oven for three-quarters of an hour, lowering the heat after the first twenty minutes. Put a few bits of butter in the pan and baste frequently. One tenderloin may be used for a small family.

**Pork Tenderloin French Style.**—Wipe the tenderloin carefully and with a sharp knife cut into slices about an inch thick across the tenderloin. Pound the pointed ends of each and pound each piece to flatten it. Season with salt, pepper and roll in flour. Have ready smoking hot fat. Drop in the meat and turn at once in order to form a crust on both sides. Continue cooking at a lower temperature and cook for twenty minutes. Pour off the fat, except two tablespoonfuls. Add three tablespoonfuls of flour and a little salt. As soon as the flour is a golden brown, add milk and stir vigorously to keep the gravy smooth. Add milk until the gravy is a trifle thin. Season to taste and pour around the meat.

## GOOD THINGS TO EAT.

Benjamin Franklin gave this advice to a young man: "Keep an exact account both of your expenses and your income. If you take the pains at first to mention particulars, it will have this good effect—you will discover how wonderfully small, trifling expenses mount up to large sums, and will discern what might have been and may for the future be saved without occasioning any great inconvenience."

This is the time of year when rich cakes like fruit cakes and puddings made of suet and fruit are most enjoyed. With butter and egg, at such prices, most housewives will curtail the rich cake making.

**Fruit Cake.**—Take one pound each of butter and sugar, twelve eggs, one cupful of New Orleans molasses, one cupful of very strong coffee infusion, one pound of flour browned to a medium brown, two pounds of seeded raisins, two pounds of currants or sultana raisins, one pound of candied cherries, one pound of citron, sliced very thin, two tablespoonfuls of ground cinnamon, one tablespoonful of cloves, one small nutmeg grated, and one teaspoonful of black pepper. Add one teaspoonful of soda to the molasses. Add more flour, if needed and use it unbrowned. Mix and bake in a slow oven.

**Ginger Cream.**—Make a custard of the yolks of four eggs and the whites of two, four tablespoonfuls of sugar, two tablespoonfuls of preserved ginger sirup, and one pint of milk. Just before the custard is done add enough gelatine to slightly thicken and let it completely dissolve. As soon as the custard coats the spoon set the dish in cold water to arrest the cooking. Turn into molds. Sprinkle each mold with preserved ginger.

**Baked Apple Dumplings.**—Select tart apples that do not lose their shape in cooking. Pare evenly, after the cores are removed. Put the apples into enough water to float them, and add one cupful of water. Cook until almost done. Remove from the sirup and cook the sirup until thick. Place an apple in a square of pastry. Fill the cavities with sugar and lemon juice, and drop the thickened sirup over the top of the apples. Moisten the edges of the pastry and press together over the top of the apple. Put in a baking tin and bake a nice brown. Serve with cream just sour enough to be thick, adding powdered sugar and nutmeg.

**Apricot Jam (imitation).**—Scrape

God's great out-of-doors is ever calling, and if we do not heed its call it will send us in bills that will call for heavy and sometimes frightful settlements.

At this season sweetmeats are very popular. The following is wholesome and not hard to prepare:  
**Nut, Date and Chocolate Sweetmeat.**—Heat four tablespoonfuls of honey or maple sirup to the boiling point; add half a pound of the slightly sweet dipping chocolate and let stand over hot water until the chocolate is soft; add one package of dates, cut from the seeds in small even pieces, half a cupful of blanched almonds, cut in shreds and one teaspoonful of vanilla. Mix well with a wooden spoon to blend thoroughly. Have ready some biscuit tins or a brick mold lined with parchment paper. Press the mixture into the mold and cover with paper, then lay on a weight. Let stand six hours to ripen.

**Fruit Cup.**—For five glasses take one orange, three bananas, half a package of dates, one cupful of white grapes, measured after they are skinned, cut in halves and seeded, 12 pistachio nuts, the juice of half a lemon and three-fourths of a cupful of cream. Remove all the peeling and membrane from the orange, separate into sections and cut each in halves crosswise. Peel the banana, scrape to remove the threads, cut in thin, even slices and squeeze over them the juice of half a lemon. Pour boiling water over the dates, drain and place on a dish to dry in a hot oven, then remove the pits and cut in sections. Mix all the fruit together, then dispose in glasses, pouring the fruit sirup over it. Whip the cream and pipe it above the fruit; serve very cold.

**Prune and Cottage Cheese Salad.**—Soak choice prunes over night; cook until tender. When cold cut open remove the stones, and cut the prune in smooth even pieces. Press cottage cheese for an hour or longer, then cut in half-inch cubes. For each serving beat two tablespoonfuls of thick pruned juice, a teaspoonful each of lemon juice and sugar or honey and two tablespoonfuls of olive oil until thick. Place a layer of the prunes on lettuce hearts, the cheese above. Pour over the dressing and serve at once.

**WHAT TO EAT.**  
Every child has the inalienable right to be loved, to have its individuality respected, to be trained wisely in mind, body and soul; to be protected from disease, from evil influences and evil persons and to have a fair chance in life. That state is delinquent which does not ceaselessly strive to secure these inalienable rights to its children.—Indiana's Child Creed.

If the family have good appetites, the planning of a meal is not such a problem as it is with fussy, finicky people, who have troublesome digestions. Almost anybody can digest such a dish as the following, however:

**Apple Snow.**—Pare and quarter tart apples, add boiling water and cook until tender. Press through a sieve. To two cupfuls of pulp add a half cupful of honey and the grated rind of half a lemon, with the juice. Heat to the boiling point, add one and one-half tablespoonfuls of granulated gelatine softened in one-third of a cupful of cold water, and stir until the gelatine is melted. Chill, and when the mixture begins to jelly, add the stiffly beaten whites of two eggs, and beat with a Dover egg beater until very fine. Turn into a mold, and when firm, serve unmolded with cream or boiled custard.

**Compote of Bananas.**—Make a sirup of sugar or honey and half a cupful of water. Peel and scrape two or three bananas, then cut in thin slices; add to the sirup and boil, shaking the pan to cook all sides evenly. Add a little lemon rind or orange rind for flavor to the sirup. Skim the bananas as they soften, to a plate. When all are cooked, boil down the sirup a little, and when cold add the bananas.

**Fruit Salad.**—For each service take a slice of pineapple, the flesh of one-fourth of a grapefruit, half a canned pear, three heart leaves of lettuce, two tablespoonfuls of fruit juice (canned fruit juice may be used), half a teaspoonful of lemon juice, two tablespoonfuls of olive oil and one-fourth of a teaspoonful each of salt and paprika. Arrange the fruit on the lettuce. Beat the salad dressing ingredients with a Dover egg beater, pour over the fruit, and serve at once.

To avoid monotony have a variety of breakfast foods. None of the foods named should be omitted from the daily diet. Plenty of fruit and vegetables are absolutely essential and do not stint them on wholesome fats. Plenty of butter or egg yolk with whole milk is another necessity.

After the brilliant skirts of heavy, rough silk weaves the most interesting members of the sports family are the scarfs and sweaters that are reaped and glorified modifications of their forerunners, the warm woolen scarf and sweater. The new scarfs are in

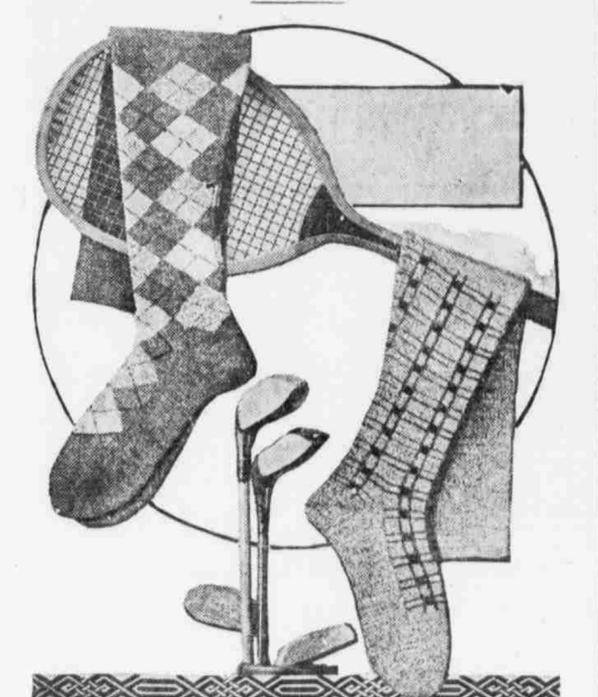
# SIMPLE AFTERNOON DRESSES OF BEAUTY



We are told that all the foremost designers, both in France and America, are advocating, with one accord, simplicity in the construction of clothes. Let us be duly and truly thankful, because the inevitable result will be better looking and more artistic garments. There is something so satisfying about a simple dress, with no freakish points in its make up, and every little ingenious touch in its construction becomes important and gratifying.

The two pretty afternoon frocks shown in the picture above are examples of simplicity that is ingenious as well. Satin, which proves the most reliable of all fabrics for dresses of this kind, reveals a plain, straight skirt having a tunic over it irregular in length and finished at the edges with a covered cord of satin. The bloused bodice fastens on the shoulder and along one side, over an underbody, with satin covered buttons. Satin makes the wide, crushed girde with

## SPORTS TOGS



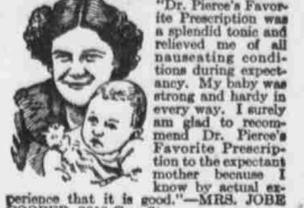
"Sports Togs" is a short caption for a long story since there are sports togs of many kinds. The most fascinating and interesting of these are the clothes that have borrowed the character of these garments made for real sports wear but not intended for service, just "for looks." The sweater coats and varied scarfs made of silk or wool in many fanciful and fragile ways, the delicate colored headwear and the very handsome skirts of sports silks are all examples of sports clothes made to be admired for their beauty, not for the usefulness to the sportswoman. They serve a very useful purpose, however. No matter how elegant and rich their materials these clothes are informal and very smart in character. They are a part of the play—the sports clothes of onlookers—in which they are well enough dressed and not too much dressed for whatever the day may bring.

Other scarfs in light-colored plaids, of angora wool, have a diagonal seam at the center, which allows them to set snugly to the figure when worn over the shoulders. They are finished with fringe in the colors of the scarf. The short knitted sweater-coats of silk or silk fiber usually open at the front and have a wash knitted of the same silk, but there are some very pretty slipover styles with square neck opening at the front from which fall narrow plaitings of fine white lace.

The strong yarn golf socks shown in the picture are meant for real service and proud is the possessor of a hand-knitted pair. The pair at the left is knitted in diamond-shaped blocks of contrasting color with cross-bars of black while the other pair is in solid color with bars and dots contrasting.

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# For Mothers and all Married Women



Omaha, Nebr.—"Dr. Pierce's Favorite Prescription was a splendid tonic and relieved me of all nauseating conditions during pregnancy. My baby was strong and hardy in every way. I surely am glad to recommend Dr. Pierce's Favorite Prescription to the expectant mother because I know by actual experience that it is good."—MRS. JOBE COOPER, 3310 Cass St.

# For Women Who are Nervous, Weak, or Run-down

Omaha, Nebr.—"As a special tonic I have taken Dr. Pierce's Favorite Prescription and found it to give almost immediate relief in cases of nervousness or a weakened or run-down condition. I have taken this medicine since my earliest girlhood whenever my system seemed to require a tonic, and it has never failed me. I am very glad to recommend the 'Favorite Prescription' to women and young girls who need such a tonic."—MRS. MARY LA LONDE, 6301 N 34th St.

Every woman who has reason to believe that backache, headache, unnatural pains, low spirits, sleepless nights, irregularities of a catarrhal condition is caused by a derangement of the womanly functions, owes it to herself and dear ones to speedily overcome the trouble before a general breakdown causes permanent prostration.

Dr. Pierce's Favorite Prescription is a non-alcoholic remedy that any ailing woman can safely take because it is prepared from roots and herbs containing tonic properties of the most pronounced character. It is not a secret remedy because its ingredients are printed on wrapper.

Get Dr. Pierce's Favorite Prescription to-day, either in liquid or tablet form or send Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., 10c for large trial package.

# BE A NURSE

Exceptional opportunity at the present time for young women over nineteen years of age who have had at least one year in high school to take Nurses' Training in general hospital. Our graduates are in great demand. Address: Supt. of Nurses, Lincoln Sanitarium, Lincoln, Nebr.

# Canada's Water Power.

An important feature of the water powers of Canada is their fortunate situation with respect to existing commercial centers. Within economic transmission range of nearly every important city from the Atlantic to the Pacific, except those in the central western prairies, there are clustered water power sites which will meet the probable demands for hydro power for generations.

For Constipation, Biliousness, Liver and Kidney troubles, take Garfield Tea.—Adv.

Then It Started Something.  
Yank—This picture of my sweetheart saved my life one day in the battle of the Marne. I was wearing it over my heart and it stopped a bullet that would have killed me.  
Crank—Gosh! That picture is enough to stop a mad bull.—Nebraska Awgwan.

Many a man who toots his own horn imagines he is the whole hand.

It is said that several pounds of sausage may be made from one dog pound.

Ask for "HILL'S" FIVE MILLION PEOPLE USED IT LAST YEAR HILL'S CASCARA QUININE BROMIDE

Standard cold remedy for 20 years—in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if fails. The genuine box has a Red top with Mr. Hill's picture. At All Drug Stores

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